

My 2019 goals

It's the time of the year again! New year, new me - try setting **SMART** goals for yourself to work towards becoming the person you want to be!

S: Specific **M:** Measurable **A:** Achievable **R:** Relevant **T:** Time-bound

Physical Health

Blank area for setting goals in the Physical Health category.

Mental Health

Blank area for setting goals in the Mental Health category.

Career

Blank area for setting goals in the Career category.

Financial

Blank area for setting goals in the Financial category.

Family/friends

Blank area for setting goals in the Family/friends category.

Altruistic

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"The secret of getting ahead is getting started."

- Sally Berger



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